

Aquatics

Registration begins April 18; classes begin June 6 unless noted otherwise within class descriptions.

No classes July 4. To view a list of class location abbreviations, see page 2.

Kiwanis Park Wave Pool

Kiwanis Recreation Center
6111 S. All America Way • 480-350-5201

Come splash and play in our indoor, heated wave pool. Rent a tube and float the waves, then enjoy an icy soda and hot pizza at Kiwani Island Concession Stand. We have a few safety rules for your visit: Children under age 8 must have an adult with them at all times. No water wings or other floatation devices permitted. The minimum height to use the water slide is 48".

May Wave Pool Hours May 1-31

Monday-Friday (beginning May 26) 1-5 p.m.
Saturday & Sunday Waves: 1-5 p.m.

June Wave Pool Hours June 1-30

Monday-Friday Waves: 1-5 p.m.
Saturday & Sunday Waves: 1-5 p.m.

July Wave Pool Hours July 1-24

Monday-Friday Waves: 1-5 p.m.
Saturday & Sunday Waves: 1-5 p.m.

August Wave Pool Hours

Saturday & Sunday Waves : 1-5 p.m.

September Wave Pool Hours September 3-5 Only

Saturday, Sunday, Monday Waves: 1-5 p.m.

Special Holiday Wave Pool Hours

May 30 1-5 p.m.
July 4 1-5 p.m.
September 5 1-5 p.m.

Wave Pool Fees

General Admission (13 yrs+) \$7
Youth Admission (2-12 yrs) \$5

Mid-Day Wave Hour Rates

General Admission (13 yrs+) \$5
Youth Admission (2-12 yrs) \$4

*No other discounts may be used with this discount

Lap Swimming Hours*

Effective May 31-July 31

Monday-Thursday 7-9 a.m.
Friday 7-9 a.m.
Monday-Thursday 5:15-8 p.m.
Saturday 8-11 a.m.

*Except during private rentals

Lap Swim Admission Fees

General Admission (13 yrs+) \$4
Youth Admission (2-12 yrs) \$3

Multiple Use Cards for Laps/Open Swim

30 day unlimited \$39
10 admission \$35

Swimming Pool Activities

Swim Lesson General Information

The City of Tempe Community Services Department provides a progressive program for students who wish to learn or improve their swimming skills. This program is certified by the Starfish Aquatics Institute. If you have concerns regarding your child's progress or ability level, please discuss them with the instructor or pool manager.

Fees for each class must be paid at the time of registration.

A student may register for a maximum of one (1) Learn-to-Swim class at a time. A student may also register for special classes in addition to a swimming class. Students may register for additional Learn-to-Swim classes after the second to last lesson of the session. At that time, the student will be provided with a skill progress sheet for the class in which he/she is currently participating with information on the next appropriate class.

Current students will be permitted to register for the appropriate class by providing their skill progress sheet with their registration form.

All pre-registration activities are subject to cancellation (3) days prior to start date if minimum registration is not met.

Swimming Lesson Program Classes

Parent-Assisted Lessons 30-Minute Classes

Star Babies (8-18 mos)

Designed to be an infant's first introduction to water adjustment with emphasis on parent participation/education as well as safety skills and fun. One child per adult. *No class 7/4.

49356	8-18 mos	M-Th	6/6-6/16	10:10-10:40 a.m.	KRC	\$50
49357	8-18 mos	M-Th	6/6-6/16	10:45-11:15 a.m.	KRC	\$50
49360	8-18 mos	M/W	6/6-6/29	6:05-6:35 p.m.	KRC	\$50
49361	8-18 mos	M/W	6/6-6/29	6:40-7:10 p.m.	KRC	\$50
49366	8-18 mos	T/Th	6/7-6/30	5:30-6 p.m.	KRC	\$50
49367	8-18 mos	T/Th	6/7-6/30	6:40-7:10 p.m.	KRC	\$50
49372	8-18 mos	Sa	6/4-7/9	10:10-10:40 a.m.	KRC	\$38
49358	8-18 mos	M-Th	6/20-6/30	10:10-10:40 a.m.	KRC	\$50
49359	8-18 mos	M-Th	6/20-6/30	10:45-11:15 a.m.	KRC	\$50
49362	8-18 mos	M/W	7/6-8/1	6:05-6:35 p.m.	KRC	\$50
49363	8-18 mos	M/W	7/6-8/1	6:40-7:10 p.m.	KRC	\$50
49368	8-18 mos	T/Th	7/5-7/28	5:30-6 p.m.	KRC	\$50
49369	8-18 mos	T/Th	7/5-7/28	6:40-7:10 p.m.	KRC	\$50
49376	8-18 mos	M-Th	7/5-7/14*	10:10-10:40 a.m.	KRC	\$50
49377	8-18 mos	M-Th	7/5-7/14*	10:45-11:15 a.m.	KRC	\$50
49378	8-18 mos	M-Th	7/18-7/28	10:10-10:40 a.m.	KRC	\$50
49379	8-18 mos	M-Th	7/18-7/28	10:45-10:40 a.m.	KRC	\$50
49373	8-18 mos	Sa	7/16-8/20	10:10-10:40 a.m.	KRC	\$38
49364	8-18 mos	M/W	8/3-8/29	6:05-6:35 p.m.	KRC	\$50
49365	8-18 mos	M/W	8/3-8/29	6:40-7:10 p.m.	KRC	\$50
49370	8-18 mos	T/Th	8/2-8/25	5:30-6 p.m.	KRC	\$50
49371	8-18 mos	T/Th	8/2-8/25	6:40-7:10 p.m.	KRC	\$50

Star-Tots (12-36 mos)

For pre-school children who are not ready for an independent swim program or the child who has mastered the Star Babies class and is ready for more swim readiness skills. One child per adult. No class 7/4.

49027	12-36 mos	M-Th	6/6-6/16	9:35-10:05 a.m.	KRC	\$50
49028	12-36 mos	M-Th	6/6-6/16	11:20-11:50 a.m.	KRC	\$50
49035	12-36 mos	M/W	6/6-6/29	5:30-6 p.m.	KRC	\$50
49036	12-36 mos	M/W	6/6-6/29	6:40-7:10 p.m.	KRC	\$50
49037	12-36 mos	M/W	6/6-6/29	7:15-7:45 p.m.	KRC	\$50
49050	12-36 mos	T/Th	6/7-6/30	5:30-6 p.m.	KRC	\$50
49051	12-36 mos	T/Th	6/7-6/30	6:05-6:35 p.m.	KRC	\$50
49052	12-36 mos	T/Th	6/7-6/30	6:40-7:10 p.m.	KRC	\$50
49029	12-36 mos	M-Th	6/20-6/30	9:35-10:05 a.m.	KRC	\$50
49030	12-36 mos	M-Th	6/20-6/30	11:20-11:50 a.m.	KRC	\$50
49055	12-36 mos	Sa	6/4-7/9	9:35-10:05 a.m.	KRC	\$38

49031	12-36 mos	M-Th	7/5-7/14	9:35-10:05 a.m.	KRC	\$50
49032	12-36 mos	M-Th	7/5-7/14	11:20-11:50 a.m.	KRC	\$50
49038	12-36 mos	M/W	7/6-8/1	5:30-6 p.m.	KRC	\$50
49039	12-36 mos	M/W	7/6-8/1	6:40-7:10 p.m.	KRC	\$50
49040	12-36 mos	M/W	7/6-8/1	7:15-7:45 p.m.	KRC	\$50
49044	12-36 mos	T/Th	7/5-7/28	5:30-6 p.m.	KRC	\$50
49045	12-36 mos	T/Th	7/5-7/28	6:05-6:35 p.m.	KRC	\$50
49046	12-36 mos	T/Th	7/5-7/28	6:40-7:10 p.m.	KRC	\$50
49033	12-36 mos	M-Th	7/18-7/28	9:35-10:05 a.m.	KRC	\$50
49034	12-36 mos	M-Th	7/18-7/28	11:20-11:50 a.m.	KRC	\$50
49056	12-36 mos	Sa	7/16-8/20	9:35-10:05 a.m.	KRC	\$38

49041	12-36 mos	M/W	8/3-8/29	5:30-6 p.m.	KRC	\$50
49042	12-36 mos	M/W	8/3-8/29	6:40-7:10 p.m.	KRC	\$50
49043	12-36 mos	M/W	8/3-8/29	7:15-7:45 p.m.	KRC	\$50
49047	12-36 mos	T/Th	8/2-8/25	5:30-6 p.m.	KRC	\$50
49048	12-36 mos	T/Th	8/2-8/25	6:05-6:35 p.m.	KRC	\$50
49049	12-36 mos	T/Th	8/2-8/25	6:40-7:10 p.m.	KRC	\$50

Sea-Stars (2-4 yrs)

For preschool children who are not ready for an independent swim lesson program, but are ready for more advanced skills. In this class the parent will help prepare the child through various activities to become more independent in the water as well as working on locomotion and safety skills. One child per adult.

*No class 7/4.

48997	8-18 mos	M-Th	6/6-6/16	9:35-10:05 a.m.	KRC	\$50
48998	8-18 mos	M-Th	6/6-6/16	10:10-10:40 a.m.	KRC	\$50
48999	8-18 mos	M/W	6/6-6/29	6:05-6:35 p.m.	KRC	\$50
49000	8-18 mos	M/W	6/6-6/29	6:40-7:10 p.m.	KRC	\$50
49001	8-18 mos	M/W	6/6-6/29	7:15-7:45 p.m.	KRC	\$50
49002	8-18 mos	T/Th	6/7-6/30	6:05-6:35 p.m.	KRC	\$50
49003	8-18 mos	T/Th	6/7-6/30	6:40-7:10 p.m.	KRC	\$50
49004	8-18 mos	T/Th	6/7-6/30	7:15-7:45 p.m.	KRC	\$50
49005	8-18 mos	Sa	6/4-7/9	9-9:30 a.m.	KRC	\$38
49007	8-18 mos	M-Th	6/20-6/30	9:35-10:05 a.m.	KRC	\$50
49008	8-18 mos	M-Th	6/20-6/30	10:10-10:40 a.m.	KRC	\$50
49017	8-18 mos	M-Th	7/5-7/14*	9:35-10:05 a.m.	KRC	\$50
49018	8-18 mos	M-Th	7/5-7/14*	10:10-10:40 a.m.	KRC	\$50
49009	8-18 mos	M/W	7/6-8/1	6:05-6:35 p.m.	KRC	\$50
49010	8-18 mos	M/W	7/6-8/1	6:40-7:10 p.m.	KRC	\$50
49011	8-18 mos	M/W	7/6-8/1	7:15-7:45 p.m.	KRC	\$50
49012	8-18 mos	T/Th	7/5-7/28	6:05-6:35 p.m.	KRC	\$50
49013	8-18 mos	T/Th	7/5-7/28	6:40-7:10 p.m.	KRC	\$50
49014	8-18 mos	T/Th	7/5-7/28	7:15-7:45 p.m.	KRC	\$50
49015	8-18 mos	Sa	7/16-8/20	10:10-10:40 a.m.	KRC	\$38
49019	8-18 mos	M-Th	7/18-7/28	9:35-10:05 a.m.	KRC	\$50
49020	8-18 mos	M-Th	7/18-7/28	10:10-10:40 a.m.	KRC	\$50

Sea-Stars continued

49021	8-18 mos	M/W	8/3-8/29	10:05-6:35 p.m.	KRC	\$50
49022	8-18 mos	M/W	8/3-8/29	6:40-7:10 p.m.	KRC	\$50
49024	8-18 mos	T/Th	8/2-8/25	5:30-6 p.m.	KRC	\$50
49025	8-18 mos	T/Th	8/2-8/25	6:40-7:10 p.m.	KRC	\$50

Swim School Preschool-Age Lessons (Suggested Ages: 3-6 yrs) 30-Minute Classes

Shrimps

For children ready to participate in a class on their own. Emphasis on basic water adjustment, breath control, and floating. Blow bubbles, fully submerge unassisted; front and back float with support. Assisted rolling over from front to back and back to front. Assisted streamline on front and back. Participants will need to bring swimwear on the fourth class meeting. *No class 7/4.

49302	3-6 yrs	M-Th	6/6-6/16	9:35-10:05 a.m.	KRC	\$50
49303	3-6 yrs	M-Th	6/6-6/16	10:10-10:40 a.m.	KRC	\$50
49304	3-6 yrs	M-Th	6/6-6/16	10:45-11:15 a.m.	KRC	\$50
49305	3-6 yrs	M-Th	6/6-6/16	11:20-11:50 a.m.	KRC	\$50
49306	3-6 yrs	M/W	6/6-6/29	5:30-6 p.m.	KRC	\$50
49307	3-6 yrs	M/W	6/6-6/29	6:05-6:35 p.m.	KRC	\$50
49308	3-6 yrs	M/W	6/6-6/29	6:40-7:10 p.m.	KRC	\$50
49309	3-6 yrs	M/W	6/6-6/29	7:15-7:45 p.m.	KRC	\$50
49330	3-6 yrs	T/Th	6/7-6/30	5:30-6 p.m.	KRC	\$50
49331	3-6 yrs	T/Th	6/7-6/30	6:05-6:35 p.m.	KRC	\$50
49332	3-6 yrs	T/Th	6/7-6/30	6:40-7:10 p.m.	KRC	\$50
49333	3-6 yrs	T/Th	6/7-6/30	7:15-7:45 p.m.	KRC	\$50
49342	3-6 yrs	Sa	6/4-7/9	9-9:30 a.m.	KRC	\$38
43343	3-6 yrs	Sa	6/4-7/9	9:35-10:05 a.m.	KRC	\$38
49344	3-6 yrs	Sa	6/4-7/9	10:10-10:40 a.m.	KRC	\$38
49345	3-6 yrs	Sa	6/4-7/9	10:45-11:15 a.m.	KRC	\$38

49310	3-6 yrs	M-Th	6/20-6/30	9:35-10:05 a.m.	KRC	\$50
49311	3-6 yrs	M-Th	6/20-6/30	10:10-10:40 a.m.	KRC	\$50
49312	3-6 yrs	M-Th	6/20-6/30	10:45-11:15 a.m.	KRC	\$50
49313	3-6 yrs	M-Th	6/20-6/30	11:20-11:50 a.m.	KRC	\$50
49314	3-6 yrs	M-Th	7/5-7/14*	9:35-10:05 a.m.	KRC	\$50
43315	3-6 yrs	M-Th	7/5-7/14*	10:10-10:40 a.m.	KRC	\$50
49316	3-6 yrs	M-Th	7/5-7/14*	10:45-11:15 p.m.	KRC	\$50
49317	3-6 yrs	M-Th	7/5-7/14*	11:20-11:40 a.m.	KRC	\$50
49322	3-6 yrs	M/W	7/6-8/1	5:30-6 p.m.	KRC	\$50
49323	3-6 yrs	M/W	7/6-8/1	6:05-6:35 p.m.	KRC	\$50
49324	3-6 yrs	M/W	7/6-8/1	6:40-7:10 p.m.	KRC	\$50
49325	3-6 yrs	M/W	7/6-8/1	7:15-7:45 p.m.	KRC	\$50
49334	3-6 yrs	T/Th	7/5-7/28	5:30-6 p.m.	KRC	\$50
49335	3-6 yrs	T/Th	7/5-7/28	6:05-6:35 p.m.	KRC	\$50
49336	3-6 yrs	T/Th	7/5-7/28	6:40-7:10 p.m.	KRC	\$50
49337	3-6 yrs	T/Th	7/5-7/28	7:15-7:45 p.m.	KRC	\$50
49318	3-6 yrs	M-Th	7/18-7/29	9:35-10:05 a.m.	KRC	\$50
49319	3-6 yrs	M-Th	7/18-7/29	10:10-10:40 a.m.	KRC	\$50
49320	3-6 yrs	M-Th	7/18-7/29	10:45-11:15 a.m.	KRC	\$50
49321	3-6 yrs	M-Th	7/18-7/29	11:20-11:50 a.m.	KRC	\$50
49346	3-6 yrs	Sa	7/16-8/20	9-9:30 a.m.	KRC	\$38
49347	3-6 yrs	Sa	7/16-8/20	9:35-10:05 a.m.	KRC	\$38
49348	3-6 yrs	Sa	7/16-8/20	10:10-10:40 a.m.	KRC	\$38
49349	3-6 yrs	Sa	7/16-8/20	10:45-11:15 a.m.	KRC	\$38

49326	3-6 yrs	M/W	8/3-8/29	5:30-6 p.m.	KRC	\$50
49327	3-6 yrs	M/W	8/3-8/29	6:05-6:35 p.m.	KRC	\$50
49328	3-6 yrs	M/W	8/3-8/29	6:40-7:10 p.m.	KRC	\$50
49329	3-6 yrs	M/W	8/3-8/29	7:15-7:45 p.m.	KRC	\$50
49338	3-6 yrs	T/Th	8/2-8/25	5:30-6 p.m.	KRC	\$50
49339	3-6 yrs	T/Th	8/2-8/25	6:05-6:35 p.m.	KRC	\$50
49340	3-6 yrs	T/Th	8/2-8/25	6:40-7:10 p.m.	KRC	\$50
49341	3-6 yrs	T/Th	8/2-8/25	7:15-7:45 p.m.	KRC	\$50

Aquatics

Tadpoles

Prerequisite skills: Jump in, roll on back for 5 seconds.

Emphasis is on forward movement and direction change. Participants will focus on assisted streamline on front and back with and without kicks. They will learn how to jump in, recover for air, swim forward for 10 feet, change direction on their own and swim back to the wall. *No class 7/4.

49061	3-6 yrs	M-Th	6/6-6/16	9:35-10:05 a.m.	KRC	\$50
49062	3-6 yrs	M-Th	6/6-6/16	10:10-10:40 a.m.	KRC	\$50
49063	3-6 yrs	M-Th	6/6-6/16	10:45-11:15 a.m.	KRC	\$50
49073	3-6 yrs	M/W	6/6-6/29	5:30-6 p.m.	KRC	\$50
49074	3-6 yrs	M/W	6/6-6/29	6:05-6:35 p.m.	KRC	\$50
49075	3-6 yrs	M/W	6/6-6/29	6:40-7:10 p.m.	KRC	\$50
49082	3-6 yrs	T/Th	6/7-6/30	5:30-6 p.m.	KRC	\$50
49083	3-6 yrs	T/Th	6/7-6/30	6:05-6:35 p.m.	KRC	\$50
49088	3-6 yrs	Sa	6/4-7/9	9:35-10:05 a.m.	KRC	\$38
49089	3-6 yrs	Sa	6/4-7/9	10:10-10:40 a.m.	KRC	\$38

49064	3-6 yrs	M-Th	6/20-6/30	9:35-10:05 a.m.	KRC	\$50
49065	3-6 yrs	M-Th	6/20-6/30	10:10-10:40 a.m.	KRC	\$50
49066	3-6 yrs	M-Th	6/20-6/30	10:45-11:15 a.m.	KRC	\$50
49067	3-6 yrs	M-Th	7/5-7/14*	9:35-10:05 a.m.	KRC	\$50
49068	3-6 yrs	M-Th	7/5-7/14*	10:10-10:40 a.m.	KRC	\$50
40769	3-6 yrs	M-Th	7/5-7/14*	10:45-11:15 a.m.	KRC	\$50
49076	3-6 yrs	M/W	7/6-8/1	5:30-6 p.m.	KRC	\$50
49077	3-6 yrs	M/W	7/6-8/1	6:05-6:35 p.m.	KRC	\$50
49078	3-6 yrs	M/W	7/6-8/1	6:40-7:10 p.m.	KRC	\$50
49084	3-6 yrs	T/Th	7/5-7/28	5:30-6 p.m.	KRC	\$50
49085	3-6 yrs	T/Th	7/5-7/28	6:05-6:35 p.m.	KRC	\$50
49070	3-6 yrs	M-Th	7/18-7/29	9:35-10:05 a.m.	KRC	\$50
49071	3-6 yrs	M-Th	7/18-7/29	10:10-10:40 a.m.	KRC	\$50
49072	3-6 yrs	M-Th	7/18-7/29	10:45-11:15 a.m.	KRC	\$50
49090	3-6 yrs	Sa	7/16-8/20	9:35-10:05 a.m.	KRC	\$38
49091	3-6 yrs	Sa	7/16-8/20	10:10-10:40 a.m.	KRC	\$38

49079	3-6 yrs	M/W	8/3-8/29	5:30-6 p.m.	KRC	\$50
49080	3-6 yrs	M/W	8/3-8/29	6:05-6:35 p.m.	KRC	\$50
49081	3-6 yrs	M/W	8/3-8/29	6:40-7:10 p.m.	KRC	\$50
49086	3-6 yrs	T/Th	8/2-8/25	5:30-6 p.m.	KRC	\$50
49087	3-6 yrs	T/Th	8/2-8/25	6:05-6:35 p.m.	KRC	\$50

Guppies

Prerequisite skills: Jump in and swim 10ft. and return; back glide 10 ft.

Focus: Rotary movement. Participants will work on body positioning for freestyle, unassisted front and back streamline, and treading water. *No class 7/4.

48965	3-6 yrs	M-Th	6/6-6/16	10:10-10:40 a.m.	KRC	\$50
48969	3-6 yrs	M/W	6/6-6/29	5:30-6 p.m.	KRC	\$50
48970	3-6 yrs	M/W	6/6-6/29	6:40-7:10 p.m.	KRC	\$50
48975	3-6 yrs	T/Th	6/7-6/30	5:30-6 p.m.	KRC	\$50
48976	3-6 yrs	T/Th	6/7-6/30	6:40-7:10 p.m.	KRC	\$50
48966	3-6 yrs	M-Th	6/20-6/30	10:10-10:40 a.m.	KRC	\$50

48981	3-6 yrs	Sa	6/4-7/9	10:10-10:40 a.m.	KRC	\$38
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48967	3-6 yrs	M-Th	7/5-7/14*	10:10-10:40 a.m.	KRC	\$50
48971	3-6 yrs	M/W	7/6-8/1	5:30-6 p.m.	KRC	\$50
48972	3-6 yrs	M/W	7/6-8/1	6:40-7:10 p.m.	KRC	\$50
48977	3-6 yrs	T/Th	7/5-7/28	5:30-6 p.m.	KRC	\$50
48978	3-6 yrs	T/Th	7/5-7/28	6:40-7:10 p.m.	KRC	\$50
48968	3-6 yrs	M-Th	7/18-7/28	10:10-10:40 a.m.	KRC	\$50

48982	3-6 yrs	Sa	7/16-8/20	10:10-10:40 a.m.	KRC	\$38
48973	3-6 yrs	M/W	8/3-8/29	5:30-6 p.m.	KRC	\$50
48974	3-6 yrs	M/W	8/3-8/29	6:40-7:10 p.m.	KRC	\$50
48979	3-6 yrs	T/Th	8/2-8/25	5:30-6 p.m.	KRC	\$50
48980	3-6 yrs	T/Th	8/2-8/25	6:40-7:10 p.m.	KRC	\$50

Minnows

Prerequisite skills: Tread water 15 seconds, Jump in and recover to side glide position and kick 10 feet. Focus: Integrated movement and freestyle. Participants will start to develop freestyle with correct body positioning and breathing, start the progression of backstroke. *No class 7/4.

48985	3-6 yrs	M-Th	6/6-6/16	10:45-11:15 a.m.	KRC	\$50
48989	3-6 yrs	M/W	6/6-6/29	6:05-6:35 p.m.	KRC	\$50
48992	3-6 yrs	T/Th	6/7-6/30	5:30-6 p.m.	KRC	\$50
48995	3-6 yrs	Sa	6/4-7/9	9:35-10:05 a.m.	KRC	\$38
48986	3-6 yrs	M-Th	6/20-6/30	10:45-11:15 a.m.	KRC	\$50
48987	3-6 yrs	M-Th	7/5-7/14*	10:45-11:15 a.m.	KRC	\$50
48990	3-6 yrs	M/W	7/6-8/1	6:05-6:35 p.m.	KRC	\$50
48993	3-6 yrs	T/Th	7/5-7/28	5:30-6 p.m.	KRC	\$50
48988	3-6 yrs	M-Th	7/18-7/28	10:45-11:15 a.m.	KRC	\$50
48996	3-6 yrs	Sa	7/16-8/20	9:35-10:05 a.m.	KRC	\$38

48991	3-6 yrs	M/W	8/3-8/29	6:05-6:35 p.m.	KRC	\$50
48994	3-6 yrs	T/Th	8/2-8/25	5:30-6 p.m.	KRC	\$50

Swim School Elementary-Age Lessons (Suggested Ages: 6 yrs+) 30-Minute Classes

Sea Otter

For children ready to participate in an aquatic class on their own. Emphasis on basic water adjustment, breath control, and floating. Blow bubbles, fully submerge unassisted; front and back float with support. Assisted rolling over from front to back and back to front. Assisted streamline on front and back. Participants will need to bring a set of clothes to swim in on the fourth class meeting. *No class 7/4.

49209	6 yrs+	M-Th	6/6-6/16	9:35-10:05 a.m.	KRC	\$50
49213	6 yrs+	M-Th	6/6-6/16	10:45-11:15 a.m.	KRC	\$50
49217	6 yrs+	M-Th	6/6-6/16	11:20-11:50 a.m.	KRC	\$50
49218	6 yrs+	M/W	6/6-6/29	5:30-6 p.m.	KRC	\$50
49221	6 yrs+	M/W	6/6-6/29	6:05-6:35 p.m.	KRC	\$50
49224	6 yrs+	T/Th	6/7-6/30	6:05-6:35 p.m.	KRC	\$50
49227	6 yrs+	T/Th	6/7-6/30	6:40-7:10 p.m.	KRC	\$50
49230	6 yrs+	T/Th	6/7-6/30	7:15-7:45 p.m.	KRC	\$50
49232	6 yrs+	Sa	6/4-7/9	10:45-11:15 a.m.	KRC	\$38

49206	6 yrs+	M-Th	6/20-6/30	9:35-10:05 a.m.	KRC	\$50
49210	6 yrs+	M-Th	6/20-6/30	10:45-11:15 a.m.	KRC	\$50
49214	6 yrs+	M-Th	6/20-6/30	11:20-11:50 a.m.	KRC	\$50
49208	6 yrs+	M-Th	7/5-7/14*	9:35-10:05 a.m.	KRC	\$50
49212	6 yrs+	M-Th	7/5-7/14*	10:45-11:15 a.m.	KRC	\$50
49216	6 yrs+	M-Th	7/5-7/14*	11:20-11:50 a.m.	KRC	\$50
49219	6 yrs+	M/W	7/6-8/1	5:30-6 p.m.	KRC	\$50
49222	6 yrs+	M/W	7/6-8/1	6:05-6:35 p.m.	KRC	\$50
49225	6 yrs+	T/Th	7/5-7/28	6:05-6:35 p.m.	KRC	\$50
49228	6 yrs+	T/Th	7/5-7/28	6:40-7:10 p.m.	KRC	\$50
49231	6 yrs+	T/Th	7/5-7/28	7:15-7:45 p.m.	KRC	\$50
49207	6 yrs+	M-Th	7/18-7/29	9:35-10:05 a.m.	KRC	\$50
49211	6 yrs+	M-Th	7/18-7/29	10:45-11:15 a.m.	KRC	\$50
49215	6 yrs+	M-Th	7/18-7/29	11:20-11:50 a.m.	KRC	\$50
49233	6 yrs+	Sa	7/16-8/20	10:45-11:15 a.m.	KRC	\$38

49220	6 yrs+	M/W	8/3-8/29	5:30-6 p.m.	KRC	\$50
49223	6 yrs+	M/W	8/3-8/29	6:05-6:35 p.m.	KRC	\$50
49226	6 yrs+	T/Th	8/2-8/25	6:05-6:35 p.m.	KRC	\$50
49229	6 yrs+	T/Th	8/2-8/25	6:40-7:10 p.m.	KRC	\$50
49236	6 yrs+	T/Th	8/2-8/25	7:15-7:45 p.m.	KRC	\$50

Sea Horse

Prerequisite skills: Jump in, roll on back for 5 seconds.

Focus: on forward movement and direction change. Participants will focus on assisted streamline on front and back with and without kicks. They will learn how to jump in, recover for air, swim forward for 10 feet, change direction on their own and swim back to the wall. *No class 7/4.

49163	6 yrs+	M-Th	6/6-6/16	10:10-10:40 a.m.	KRC	\$50
49166	6 yrs+	M-Th	6/6-6/16	1:20-11:50 a.m.	KRC	\$50
49170	6 yrs+	M/W	6/6-6/29	6:05-6:35 p.m.	KRC	\$50
49173	6 yrs+	M/W	6/6-6/29	6:40-7:10 p.m.	KRC	\$50
49176	6 yrs+	T/Th	6/7-6/30	5:30-6 p.m.	KRC	\$50
49179	6 yrs+	T/Th	6/7-6/30	6:40-7:10 p.m.	KRC	\$50
49182	6 yrs+	Sa	6/4-7/9	10:10-10:40 a.m.	KRC	\$38
49184	6 yrs+	Sa	6/4-7/9	10:45-11:15 a.m.	KRC	\$38
49164	6 yrs+	M-Th	6/20-6/30	10:10-10:40 a.m.	KRC	\$50
49167	6 yrs+	M-Th	6/20-6/30	11:20-11:50 a.m.	KRC	\$50
49165	6 yrs+	M-Th	7/5-7/14*	10:10-10:40 a.m.	KRC	\$50
49168	6 yrs+	M-Th	7/5-7/14*	11:20-11:50 a.m.	KRC	\$50
49171	6 yrs+	M/W	7/6-8/1	6:05-6:35 p.m.	KRC	\$50
49174	6 yrs+	M/W	7/6-8/1	6:40-7:10 p.m.	KRC	\$50
49177	6 yrs+	T/Th	7/5-7/28	5:30-6 p.m.	KRC	\$50
49180	6 yrs+	T/Th	7/5-7/28	6:40-7:10 p.m.	KRC	\$50
49849	6 yrs+	M-Th	7/18-7/29	10:10-10:40 a.m.	KRC	\$50
49169	6 yrs+	M-Th	7/18-7/29	11:20-11:50 a.m.	KRC	\$50
49183	6 yrs+	Sa	7/16-8/20	10:10-10:40 a.m.	KRC	\$38
49185	6 yrs+	Sa	7/16-8/20	10:45-11:15 a.m.	KRC	\$38
49172	6 yrs+	M/W	8/3-8/29	6:05-6:35 p.m.	KRC	\$50
49175	6 yrs+	M/W	8/3-8/29	6:40-7:10 p.m.	KRC	\$50
49178	6 yrs+	T/Th	8/2-8/25	5:30-6 p.m.	KRC	\$50
49181	6 yrs+	T/Th	8/2-8/25	6:40-7:10 p.m.	KRC	\$50

Sea Turtle

Prerequisite skills: Jump in and swim 10ft. and return; back glide 10 ft.

Focus: Rotary movement. Participants will work on body positioning for freestyle, unassisted front and back streamline, and treading water. *No class 7/4.

49239	6 yrs+	M-Th	6/6-6/16	10:45-11:15 a.m.	KRC	\$50
49245	6 yrs+	M-Th	6/6-6/16	11:20-11:50 a.m.	KRC	\$50
49249	6 yrs+	M/W	6/6-6/29	5:30-6 p.m.	KRC	\$50
49250	6 yrs+	M/W	6/6-6/29	7:15-7:45 p.m.	KRC	\$50
49255	6 yrs+	T/Th	6/7-6/30	6:05-6:35 p.m.	KRC	\$50
49257	6 yrs+	T/Th	6/7-6/30	7:15-7:45 p.m.	KRC	\$50
49259	6 yrs+	Sa	6/4-7/9	9:00-9:30 a.m.	KRC	\$38
49240	6 yrs+	M-Th	6/20-6/30	10:45-11:15 a.m.	KRC	\$50
49246	6 yrs+	M-Th	6/20-6/30	11:20-11:50 a.m.	KRC	\$50
49241	6 yrs+	M-Th	7/5-7/14*	10:45-11:15 a.m.	KRC	\$50
49243	6 yrs+	M-Th	7/5-7/14*	11:20-11:50 a.m.	KRC	\$50
49247	6 yrs+	M/W	7/6-8/1	5:30-6 p.m.	KRC	\$50
49251	6 yrs+	M/W	7/6-8/1	7:15-7:45 p.m.	KRC	\$50
49253	6 yrs+	T/Th	7/5-7/28	6:05-6:35 p.m.	KRC	\$50
49256	6 yrs+	T/Th	7/5-7/28	7:15-7:45 p.m.	KRC	\$50
49242	6 yrs+	M-Th	7/18-7/28	10:45-11:15 a.m.	KRC	\$50
49244	6 yrs+	M-Th	7/18-7/28	11:20-11:50 a.m.	KRC	\$50
49260	6 yrs+	Sa	7/16-8/20	9-9:30 a.m.	KRC	\$38
49248	6 yrs+	M/W	8/3-8/29	5:30-6 p.m.	KRC	\$50
49252	6 yrs+	M/W	8/3-8/29	7:15-7:45 p.m.	KRC	\$50
49254	6 yrs+	T/Th	8/2-8/25	6:05-6:35 p.m.	KRC	\$50
49258	6 yrs+	T/Th	8/2-8/25	7:15-7:45 p.m.	KRC	\$50

Sea Lion

Prerequisite skills: Tread water 15 seconds, Jump in and recover to side glide position and kick 10 feet. Focus: Integrated movement and freestyle. Participants will start to develop freestyle with correct body positioning and breathing, start the progression of backstroke.*No class 7/4.

49189	6 yrs+	M-Th	6/6-6/16	10:10-10:40 a.m.	KRC	\$50
49193	6 yrs+	M-Th	6/6-6/16	11:20-11:50 a.m.	KRC	\$50
49197	6 yrs+	M/W	6/6-6/29	7:15-7:45 p.m.	KRC	\$50
49200	6 yrs+	T/Th	6/7-6/30	5:30-6 p.m.	KRC	\$50
49204	6 yrs+	T/Th	6/7-6/30	6:40-7:10 p.m.	KRC	\$50
49192	6 yrs+	M-Th	6/20-6/30	10:10-10:40 a.m.	KRC	\$50
49196	6 yrs+	M-Th	6/20-6/30	11:20-11:50 a.m.	KRC	\$50
49190	6 yrs+	M-Th	7/5-7/14*	10:10-10:40 a.m.	KRC	\$50
49194	6 yrs+	M-Th	7/5-7/14*	11:20-11:50 a.m.	KRC	\$50
49198	6 yrs+	M/W	7/6-8/1	7:15-7:45 p.m.	KRC	\$50
49201	6 yrs+	T/Th	7/5-7/28	5:30-6 p.m.	KRC	\$50
49205	6 yrs+	T/Th	7/5-7/28	6:40-7:10 p.m.	KRC	\$50
49191	6 yrs+	M-Th	7/18-7/29	10:10-10:40 a.m.	KRC	\$50
49195	6 yrs+	M-Th	7/18-7/29	11:20-11:50 a.m.	KRC	\$50
49199	6 yrs+	M/W	8/3-8/29	7:15-7:45 p.m.	KRC	\$50
49202	6 yrs+	T/Th	8/2-8/25	5:30-6 p.m.	KRC	\$50
49203	6 yrs+	T/Th	8/2-8/25	6:40-7:10 p.m.	KRC	\$50

Stroke School (Suggested Ages 6 yrs+) 30-Minute Classes

Dolphin

Prerequisite skills: Jump In, swim 30 feet freestyle with rhythmic breathing.

Focus: Freestyle and Backstroke with an introduction to Butterfly. Participants will work on stroke mechanics of freestyle and backstroke, introduction to butterfly body motion. *No class 7/4.

49106	6 yrs+	M-Th	6/6-6/16	10:10-10:40 a.m.	KRC	\$50
49110	6 yrs+	M-Th	6/6-6/16	10:45-11:15 a.m.	KRC	\$50
49116	6 yrs+	M/W	6/6-6/29	6:05-6:35 p.m.	KRC	\$50
49117	6 yrs+	T/TH	6/7-6/30	6:05-6:35 p.m.	KRC	\$50
49120	6 yrs+	T/TH	6/7-6/30	7:15-7:45 p.m.	KRC	\$50
49123	6 yrs+	Sa	6/4-7/9	9-9:30 a.m.	KRC	\$38
49107	6 yrs+	M-Th	6/20-6/30	10:10-10:40 a.m.	KRC	\$50
49113	6 yrs+	M-Th	6/20-6/30	10:45-11:15 a.m.	KRC	\$50
49108	6 yrs+	M-Th	7/5-7/14*	10:10-10:40 a.m.	KRC	\$50
49111	6 yrs+	M-Th	7/5-7/14*	10:45-11:15 a.m.	KRC	\$50
49114	6 yrs+	M/W	7/6-8/1	6:05-6:35 p.m.	KRC	\$50
49118	6 yrs+	T/TH	7/5-7/28	6:05-6:35 p.m.	KRC	\$50
49121	6 yrs+	T/TH	7/5-7/28	7:15-7:45 p.m.	KRC	\$50
49109	6 yrs+	M-Th	7/18-7/29	10:10-10:40 a.m.	KRC	\$50
49112	6 yrs+	M-Th	7/18-7/29	10:45-11:15 a.m.	KRC	\$50
49124	6 yrs+	Sa	7/16-8/20	9-9:30 a.m.	KRC	\$38
49115	6 yrs+	M/W	8/3-8/29	6:05-6:35 p.m.	KRC	\$50
49119	6 yrs+	T/TH	8/2-8/25	6:05-6:35 p.m.	KRC	\$50
49122	6 yrs+	T/TH	8/2-8/25	7:15-7:45 p.m.	KRC	\$50

Aquatics

Manta Ray

Prerequisite skills: Swim 30 feet of freestyle and 30 feet of backstroke.

Focus: Participants will focus on the stroke mechanics of butterfly. *No class 7/4.

49131	6 yrs+	M-Th	6/6-6/16	10:45-11:15 a.m.	KRC	\$50
49135	6 yrs+	M/W	6/6-6/29	5:30-6 p.m.	KRC	\$50
49138	6 yrs+	M/W	6/6-6/29	6:40-7:10 p.m.	KRC	\$50
49142	6 yrs+	T/Th	6/7-6/30	5:30-6 p.m.	KRC	\$50
49145	6 yrs+	T/Th	6/7-6/30	6:40-7:10 p.m.	KRC	\$50
49146	6 yrs+	Sa	6/4-7/9	9:35-10:05 a.m.	KRC	\$38
49148	6 yrs+	Sa	6/4-7/9	10:45-11:15 a.m.	KRC	\$38

49132	6 yrs+	M-Th	6/20-6/30	10:45-11:15 a.m.	KRC	\$50
49134	6 yrs+	M-Th	7/5-7/14*	10:45-11:15 a.m.	KRC	\$50
49136	6 yrs+	M/W	7/6-8/1	5:30-6 p.m.	KRC	\$50
49139	6 yrs+	M/W	7/6-8/1	6:40-7:10 p.m.	KRC	\$50
49140	6 yrs+	T/TH	7/5-7/28	5:30-6 p.m.	KRC	\$50
49143	6 yrs+	T/TH	7/5-7/28	6:40-7:10 p.m.	KRC	\$50
49133	6 yrs+	M-Th	7/18-7/29	10:45-11:15 a.m.	KRC	\$50

49137	6 yrs+	M/W	8/3-8/29	5:30-6 p.m.	KRC	\$50
49152	6 yrs+	M/W	8/3-8/29	6:40-7:10 p.m.	KRC	\$50
49141	6 yrs+	T/TH	8/2-8/25	5:30-6 p.m.	KRC	\$50
49144	6 yrs+	T/TH	8/2-8/25	6:40-7:10 p.m.	KRC	\$50
49147	6 yrs+	Sa	7/16-8/20	9:35-10:05 a.m.	KRC	\$38
49149	6 yrs+	Sa	7/16-8/20	10:45-11:15 a.m.	KRC	\$38

Shark

Prerequisite skills: Swim butterfly for 10 yards

Focus: Participants will focus on the stroke mechanics of breaststroke.

*No class 7/4.

49287	6 yrs+	M-Th	6/6-6/16	11:20-11:50 a.m.	KRC	\$50
49291	6 yrs+	M/W	6/6-6/29	5:30-6 p.m.	KRC	\$50
49294	6 yrs+	M/W	6/6-6/29	7:15-7:45 p.m.	KRC	\$50
49296	6 yrs+	T/Th	6/7-6/30	6:05- 6:35 p.m.	KRC	\$50
49299	6 yrs+	Sa	6/4-7/9	9-9:30 a.m.	KRC	\$38

49288	6 yrs+	M-Th	6/20-6/30	11:20-11:50 a.m.	KRC	\$50
49289	6 yrs+	M-Th	7/5-7/14*	11:20-11:50 a.m.	KRC	\$50
49290	6 yrs+	M/W	7/6-8/1	5:30-6 p.m.	KRC	\$50
49301	6 yrs+	M/W	7/6-8/1	7:15-7:45 p.m.	KRC	\$50
49297	6 yrs+	T/Th	7/5-7/28	6:05- 6:35 p.m.	KRC	\$50
49293	6 yrs+	M-Th	7/18-7/29	11:20-11:50 a.m.	KRC	\$50
49300	6 yrs+	Sa	7/16-8/20	9-9:30 a.m.	KRC	\$38

49292	6 yrs+	M/W	8/3-8/29	5:30-6 p.m.	KRC	\$50
49295	6 yrs+	M/W	8/3-8/29	7:15-7:45 p.m.	KRC	\$50
49298	6 yrs+	T/TH	8/2-8/25	6:05- 6:35 p.m.	KRC	\$50

Orca

Prerequisite skills: Swim 30 feet of Breaststroke

Focus: Participants will build endurance. By the end of the class, participants should be swimming a minimum 50 yards of freestyle, backstroke, and breaststroke; 25 yards of butterfly and be able to do flip turns and open turns.

*No class 7/4.

49153	6 yrs+	M-Th	6/1-6/12	11:20-11:50 a.m.	KRC	\$50
49158	6 yrs+	M/W	6/6-6/29	7:15-7:45 p.m.	KRC	\$50
49160	6 yrs+	T/TH	6/7-6/30	6:05-6:35 p.m.	KRC	\$50
49154	6 yrs+	M-Th	6/20-6/30	11:20-11:50 a.m.	KRC	\$50
49156	6 yrs+	M-Th	7/5-7/14*	11:20-11:50 a.m.	KRC	\$50
49157	6 yrs+	M/W	7/6-8/1	7:15-7:45 p.m.	KRC	\$50
49161	6 yrs+	T/TH	7/5-7/28	6:05-6:35 p.m.	KRC	\$50
49155	6 yrs+	M-Th	7/18-7/29	11:20-11:50 a.m.	KRC	\$50

49159	6 yrs+	M/W	8/3-8/29	7:15-7:45 p.m.	KRC	\$50
49162	6 yrs+	T/TH	8/2-8/25	6:05-6:35 p.m.	KRC	\$50

Adult Lessons

30-Minute Classes

Adult Beginner

Prerequisite 15 yrs+. Class is designed for adults who wish to learn to swim and will be geared to meet the needs of individuals. Emphasis is on adapting to the water and introduction to freestyle, back float, and safety skills. *No class 7/4.

49103	15 yrs+	M/W	6/6-6/29	7:50-8:20 p.m.	KRC	\$50
49104	15 yrs+	Sa	6/4-7/9	10:45-11:15 a.m.	KRC	\$38
49101	15 yrs+	M/W	7/6-8/1	7:50-8:20 p.m.	KRC	\$50
49102	15 yrs+	M/W	8/3-8/29	7:50-8:20 p.m.	KRC	\$50
49105	15 yrs+	Sa	7/16-8/20	10:45-11:15 a.m.	KRC	\$38

Adult Intermediate

Prerequisite 15yrs+. Class is designed for adults who have mastered the beginner skills and can swim 25 yards using freestyle. Introduction to the backstroke and breaststroke.

49095	15 yrs+	M/W	6/6-6/29	7:50-8:20 p.m.	KRC	\$50
49096	15 yrs+	M/W	7/6-8/1	7:50-8:20 p.m.	KRC	\$50
49097	15 yrs+	M/W	8/3-8/29	7:50-8:20 p.m.	KRC	\$50

Adult Stroke Improvement

Prerequisite 15 yrs+. Class is designed to improve upon and refine current skills rather than teach strokes.

49098	15 yrs+	M/W	6/6-6/29	7:50-8:20 p.m.	KRC	\$50
49099	15 yrs+	M/W	7/6-8/1	7:50-8:20 p.m.	KRC	\$50
49100	15 yrs+	M/W	8/3-8/29	7:50-8:20 p.m.	KRC	\$50

Adult Fitness

Registration now available for water exercise classes.

Classes are 60-minutes.

Monthly fee varies, \$7 Drop-in per class.

Shallow Water Exercise

Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down. Drop-in Class Fee: \$7.

49263	15 yrs+	M	6/6-6/27	8-9 a.m.	KRC	\$20
49264	15 yrs+	T	6/7-6/28	8-9 a.m.	KRC	\$20
49265	15 yrs+	W	6/1-6/29	8-9 a.m.	KRC	\$25
49266	15 yrs+	Th	6/2-6/30	8-9 a.m.	KRC	\$25
49267	15 yrs+	M	6/6-6/27	5:30-6:30 p.m.	KRC	\$20
49268	15 yrs+	W	6/1-6/29	5:30-6:30 p.m.	KRC	\$25

49269	15 yrs+	M	7/11-7/25*	8-9 a.m.	KRC	\$15
49270	15 yrs+	T	7/5-7/26	8-9 a.m.	KRC	\$20
49271	15 yrs+	W	7/6-7/27	8-9 a.m.	KRC	\$20
49272	15 yrs+	Th	7/7-7/28	8-9 a.m.	KRC	\$20
49273	15 yrs+	M	7/11-7/25*	5:30-6:30 p.m.	KRC	\$15
49274	15 yrs+	W	7/6-7/27	5:30-6:30 p.m.	KRC	\$20

49275	15 yrs+	M	8/1-8/29	8-9 a.m.	KRC	\$25
49276	15 yrs+	T	8/2-8/30	8-9 a.m.	KRC	\$25
49277	15 yrs+	W	8/3-8/31	8-9 a.m.	KRC	\$25
49278	15 yrs+	Th	8/4-8/25	8-9 a.m.	KRC	\$20
49279	15 yrs+	M	8/1-8/29	5:30-6:30 p.m.	KRC	\$25
49280	15 yrs+	W	8/3-8/31	5:30-6:30 p.m.	KRC	\$25

Transitional Water Exercise

Challenge yourself to the next level of physical fitness! This non-impact class is performed in the deeper water and incorporates muscular strengthening aerobic conditioning and abdominal training exercises. A variety of equipment is used for buoyancy and water resistance. Participants should be comfortable in deep water. Drop-in Class Fee: \$7.

49380	15 yrs+	T	6/7-6/28	6:40-7:40 p.m.	KRC	\$20
49381	15 yrs+	Th	6/2-6/30	6:40-7:40 p.m.	KRC	\$25
49382	15 yrs+	T	7/5-7/26	6:40-7:40 p.m.	KRC	\$20
49383	15 yrs+	Th	7/7-7/28	6:40-7:40 p.m.	KRC	\$20
49384	15 yrs+	T	8/2-8/30	6:40-7:40 p.m.	KRC	\$25
49385	15 yrs+	Th	8/4-8/25	6:40-7:40 p.m.	KRC	\$20

Aquatics High Intensity Interval Training (H.I.I.T.)

All levels class provides a high cardiovascular workout with low joint impact. An ideal way to cross-train from high impact land workouts and still get a great cardio and strength session. Push through the water and not just float your way through it. Includes plyometric squats, round house kicks and speed bag punches. You can use a noodle to stay afloat. Drop-in Class Fee: \$7.

49127	15 yrs+	Sa	6/4-6/25	9-10 a.m.	KRC	\$20
49128	15 yrs+	Sa	7/2-7/30	9-10 a.m.	KRC	\$25
49129	15 yrs+	Sa	8/6-8/27	9-10 a.m.	KRC	\$20

Escalante Pool

2150 E. Orange Street

480-350-5204

May 28- May 30 Holiday

May 28- July 31 Season

Fees

Children under 6 yrs	Free
Children 6-17 yrs	\$.75
Adults 18 yrs+	\$1.25

May 30-July 31

Recreation Swim:

Monday-Thursday	1-5 p.m.
Friday	1-7 p.m.
Saturday	1-5 p.m.
Sunday	1-5 p.m.

Holiday Hours

May 28-30	1-5 p.m.
July 4	1-5 p.m.

Summer Swimming Pool Passes

(Not valid at the Kiwanis Wave pool)

20 Punch Pass

Entitles user to 20 admissions to recreational swim at Escalante Pool. Available for sale beginning May 28.

48903	Adult	\$19	17-65 yrs
Youth	\$11	6-17 yrs	
Senior	\$19	65 yrs+	

Season Swim Pass

Entitles pass user to admission to recreational swim at Escalante Pool. Available for sale beginning May 28.

49390	Adult	\$31	17-65 yrs
Youth	\$19	6-17 yrs	
Senior	\$19	65 yrs+	
Family	\$57		

Parent-Assisted Lessons 30-Minute Classes

Star Babies (8-18 mos)

Designed to be an infant's first introduction to water adjustment with emphasis on parent participation/education as well as safety skills and fun. One child per adult.

49374	8-18 mos	Sa	6/4-7/9	10:05-10:35 a.m.	ESCA	\$21
49375	8-18 mos	Sa	7/16-8/20	10:05-10:35 a.m.	ESCA	\$21

Star-Tots (12-36 yrs)

For pre-school children who are not ready for an independent swim program or the child who has mastered the Parent-Tot class and is ready for more swim readiness skills. One child per adult.

49053	12-36 yrs	Sa	6/4-7/9	0:40-11:10 a.m.	ESCA	\$21
49054	12-36 yrs	Sa	7/16-8/20	10:40-11:10 a.m.	ESCA	\$21

Sea-Stars (2-4 yrs)

For preschool children who are not ready for an independent swim lesson program, but are ready for more advanced skills. In this class the parent will help prepare the child through various activities to become more independent in the water as well as working on locomotion and safety skills. One child per adult.

49006	2-4 yrs	Sa	6/4-7/9	10:40-11:10 a.m.	ESCA	\$21
49016	2-4 yrs	Sa	7/16-8/20	10:40-11:10 a.m.	ESCA	\$21

Swim School Preschool-Age Lessons (Suggested Age 3-6 Yrs) 30-Minute Classes

Shrimps

For children ready to participate in a class on their own. Emphasis on basic water adjustment, breath control, and floating. Blow bubbles, fully submerge unassisted; front and back float with support. Assisted rolling over from front to back and back to front. Assisted streamline on front and back. Participants will need to bring swimwear on the fourth class meeting. *No class 7/4.

49350	3-6 yrs	Sa	6/4-7/9	10:05-10:35 a.m.	ESCA	\$21
49351	3-6 yrs	Sa	6/4-7/9	10:40-11:10 a.m.	ESCA	\$21
49352	3-6 yrs	Sa	6/4-7/9	11:15-11:45 a.m.	ESCA	\$21
49354	3-6 yrs	Sa	7/16-8/20	10:05-10:35 a.m.	ESCA	\$21
49355	3-6 yrs	Sa	7/16-8/20	10:40-11:10 a.m.	ESCA	\$21
49353	3-6 yrs	Sa	7/16-8/20	11:15-11:45 a.m.	ESCA	\$21

Tadpoles

Prerequisite skills: Jump in, roll on back for 5 seconds.

Focus: on forward movement and direction change. Participants will focus on assisted streamline on front and back with and without kicks. They will learn how to jump in, recover for air, swim forward for 10 feet, change direction on their own and swim back to the wall.

49092	3-6 yrs	Sa	6/4-7/9	10:05-10:35 a.m.	ESCA	\$21
49093	3-6 yrs	Sa	7/16-8/20	10:05-10:35 a.m.	ESCA	\$21

Guppies

Prerequisite skills: Jump in and swim 10ft. and return; back glide 10 ft.

Focus: Rotary movement. Participants will work on body positioning for freestyle, unassisted front and back streamline, and treading water.

48983	3-6 yrs	Sa	6/4-7/9	11:15-11:45 a.m.	ESCA	\$21
48984	3-6 yrs	Sa	7/16-8/20	11:15-11:45 a.m.	ESCA	\$21

Aquatics

Elementary-Age Lessons (Suggested Ages: 6 yrs+) 30-Minute Classes

Sea Otter

For children ready to participate in a class on their own. Emphasis on basic water adjustment, breath control, and floating. Blow bubbles, fully submerge unassisted; front and back float with support. Assisted rolling over from front to back and back to front. Assisted streamline on front and back. Participants will need to bring swimwear on the fourth class meeting.

49234	6 yrs+	Sa	6/4-7/9	10:05-10:35 a.m.	ESCA	\$21
49235	6 yrs+	Sa	6/4-7/9	11:15-11:45 a.m.	ESCA	\$21
49238	6 yrs+	Sa	7/16-8/20	10:05-10:35 a.m.	ESCA	\$21
49237	6 yrs+	Sa	7/16-8/20	11:15-11:45 a.m.	ESCA	\$21

Seahorse

Prerequisite skills: Jump in, roll on back for 5 seconds.

Focus: on forward movement and direction change. Participants will focus on assisted streamline on front and back with and without kicks. They will learn how to jump in, recover for air, swim forward for 10 feet, change direction on their own and swim back to the wall.

49186	6 yrs+	Sa	6/4-7/9	10:40-11:10 a.m.	ESCA	\$21
49187	6 yrs+	Sa	7/16-8/20	10:40-11:10 a.m.	ESCA	\$21

Sea Turtle

Prerequisite skills: Jump in and swim 10ft. and return; back glide 10 ft.

Focus: Rotary movement. Participants will work on body positioning for freestyle, unassisted front and back streamline and treading water.

49261	6 yrs+	Sa	6/4-7/9	11:15-11:45 a.m.	ESCA	\$21
49262	6 yrs+	Sa	7/16-8/20	11:15-11:45 a.m.	ESCA	\$21

Stroke School (Suggested Ages: 6 yrs+)

Dolphin

Prerequisite skills: Jump In, swim 30 feet freestyle with rhythmic breathing.

Focus: Freestyle and Backstroke with an introduction to Butterfly. Participants will work on stroke mechanics of freestyle and backstroke, introduction to butterfly body motion.

49125	6 yrs+	Sa	6/4-7/9	10:40-11:10 a.m.	ESCA	\$21
49126	6 yrs+	Sa	7/16-8/20	10:40-11:10 a.m.	ESCA	\$21

Manta Ray

Prerequisite skills: Swim 30 feet of freestyle and 30 feet of backstroke.

Focus: Participants will focus on the stroke mechanics of butterfly.

49150	6 yrs+	Sa	6/4-7/9	11:15-11:45 a.m.	ESCA	\$21
49151	6 yrs+	Sa	7/16-8/20	11:15-11:45 a.m.	ESCA	\$21

Shallow Water Exercise

Walking, running and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down. Fee: See below. Drop-in Class Fee: \$7.

49281	15 yrs+	T	6/7-6/28	5:45-6:45 p.m.	ESCA	\$20
49282	15 yrs+	Th	6/9-6/30	5:45-6:45 p.m.	ESCA	\$20
49283	15 yrs+	T	7/5-7/26	5:45-6:45 p.m.	ESCA	\$20
49284	15 yrs+	Th	7/7-7/28	5:45-6:45 p.m.	ESCA	\$20

Adult Fitness

Junior Lifeguard Program

This is a Summer Volunteer Program for youth ages 13-15 who are interested in becoming a lifeguard. The program will provide opportunities for participants to experience many of the facets of day to day lifeguarding and teaching swim lessons.

Interested participants must complete an application, which can be obtained at the Kiwanis Recreation Center or www.tempe.gov/pools/jrguards. Application deadline: May 3. The most qualified applicants will be contacted and scheduled for interviews. Candidates will be selected based on the needs of the City of Tempe pools. Selected Junior Guards will be trained to assist in First Aid, CPR, and Water Safety Instruction during mandatory training the evening of June 3.

Junior Guards who have completed the mandatory training will be given work schedules for programs beginning June 6.

Swim Teams

This program focuses on learning competitive stroke technique while emphasizing the benefits of personal improvement in a recreational team environment. Children will have the opportunity to participate in recreational competitive meets. Dual and Tri-meets are held between pools around the valley generally on Saturday mornings. Practice begins on June 2, and a parent meeting will be held on June 2 before practice begins.

Participants need to be 6 yrs+ or older by the start of the program and can demonstrate the following skills: Participants should be familiar with competitive strokes and able to perform the following skills: 25 yards of freestyle, 25 yards of backstroke, and be familiar with breaststroke and butterfly kick. A screening will be held the first day to test these skills. If the participant cannot complete these skills, he or she can be reassigned to lessons or receive a refund.

The annual Arizona Parks and Recreation Association Swimmers' Classic State Meet will be held Sat., July 23 at Kino Pool in Mesa. Participation in this meet is optional and requires an additional registration fee.

Kiwanis Piranhas

49057	11-17 yrs	M-Th	6/2-7/23	8-9 a.m.	\$64
49058	6-10 yrs	M-Th	6/2-7/23	9-10 a.m.	\$64

Escalante Barracudas

49059	6-17 yrs	M-Th	6/2-7/23	8:30-9:30 a.m.	\$50
49060	6-17 yrs	M-Th	6/2-7/23	7:15-8:15 p.m.	\$50

